

Choose Love

By Penny Calcina

We have a choice in each and every moment to be guided by the voice of Love that is ever present within us, or to be guided by the collective voices of our life stories that tell tales of our inadequacies, shortcomings and failures...which do you choose?

Where do the paths in your life take you? Have you laid the foundation stones with care? With love? With intent? Or do you feel that the path you find yourself on is created out of chaos, confusion, repeating patterns that do not necessarily lead you where you would really like to be experiencing yourself?

How does the path you are on feel in the depths of your heart? Fulfilling, surprisingly wonderful, inspiringly challenging? Or boring, painful, depressing, uninspiring? You can begin today, right where you are, to make choices in a different way that support your highest ideas of you.

In this moment, maybe you are certain that you are living the very best of idea of you. Awesome, and keep it up! Only you can be you and touch the world the way you do!

In this moment, maybe you are wondering that even though this moment is very good indeed, you feel that yearning to expand it a little more, add a bit more of you, experience yourself a little wider, deeper yet? Awesome and keep it up! As you grow and discover more about yourself, there are wonderful things that you can experience and create from those new ideas that you haven't even dreamed of yet!

In this moment, maybe you are thinking, "I've got my foot on the first brick of that path, but the bricks are all uneven, they are slick from too much moss growing everywhere, and I can only see the one I am standing on!" Awesome and keep it up! Congratulate yourself for looking and for seeing where you are! That is the first important step to going anywhere - you have to know where you are, right?

Now, say to yourself, "I am here and here is where I am and that is perfect just as it is." Can you do that and mean it? If you can, you just might find that as soon as you feel the relief in your body that it really is ok right where you are, the little lights turn on that give you a glimpse of that next brick or two! Dare you take a look?? Go on, have fun with it!

Or, in this moment, are you wondering, "What path? This treadmill of a life I have going? This endless cycle of get up, work, worry, work, feel stressed out, work, eat, sleep?"? Awesome and keep it up!

Surprised by that? If you can really just embrace the moment you are in, whether it seems bright and shiny or dark and musty, you can do something wonderful. You can change it! Choose to stretch out there and commit to trying something new just to see what you may create differently; then you are at the beginning of a brand new path for YOU!

I am wondering if you saw the common denominator of each of those examples? What was constant throughout each experience, besides the fact that You were at the center of each? The present moment. The one and perfect present moment within its myriad of imperfections, foibles, challenges, perfections, a-has, dreams and manifestations! So what now?

What now indeed? How perfect can you see this present moment? What gift of present moment perfection can you give yourself? And can you feel that perfection no matter how it looks to you at the moment? Tough? Yes it is....sometimes. And then sometimes it isn't.

Choice. Choice can be the deciding factor between perfection and a list of failures and troubles, between bliss and worry and fatigue... Begin where you are in that one moment and, for the moment, just breathe. Breathe and experience your breath as that silky stream of consciousness that flows through all living things. Breathe and just be.

Do you see how you just begin...just begin. Just choose to begin. Accept responsibility for how you respond to where you are and partner that with the action of choice. And it takes something else. It takes your willingness to love

yourself, to be kind and gentle with yourself, to support and encourage yourself. All those little and not so little choices you make during the day are really born from this one thing – love yourself with gentle kindness and tender compassion.

When you do, the other choices will begin to reflect that self love, that self worth, that desire to seek and express a deeper sense of wellbeing. Begin today, in this moment, and choose love. Choose to love yourself and generously share that love with yourself as it expresses through each little choice in your day. Go ahead and choose that first step; you're worth it!

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Penny Calcina

www.earthstarradiance.com

803-530-4695